

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

January 2015

Creamy Apple Squash Soup **Slow Cooker Cheeseburger Soup** **Breakfast Bake** **Chicken Pasta Primavera** **Broccoli Cheese Soup**

Creamy Apple Squash Soup

3 boxes (12 ounces each) frozen winter (butternut) squash
2 medium apples
1 tablespoon olive oil
½ teaspoon pumpkin pie spice
2 cans (12 ounces each) fat free evaporated milk
¼ teaspoon salt
½ teaspoon black pepper

1. Place the frozen squash in a microwave-safe dish. Cover loosely. Defrost in the microwave on medium power for 5-10 minutes until mostly thawed.
2. Meanwhile, peel, then shred apples using a grater or food processor, or peel and finely chop apples into thin strips.
3. Heat oil in a 4-quart saucepan over medium heat. Add the apples. Cook and stir until apples soften, about 5 minutes.
4. Stir in thawed squash and pumpkin pie spice.
5. Add the evaporated milk about ½ cup at a time, stirring after each addition.
6. Season with salt and pepper.
7. Cook and stir over high heat just until soup is about to boil.

Recipe Adapted from National Heart, Lung, and Blood Institute

Nutrition Note: This recipe makes 6 servings. Each serving has 230 calories, 2.5 grams of fat, 11 grams of protein, 46 grams of carbohydrates and 230 milligrams of sodium.

Tips for Healthy Snacking

Snacks can help children get the nutrients needed to grow and maintain a healthy weight. Visit ChooseMyPlate.gov to help you and your kids select a satisfying snack.

Slow Cooker Cheeseburger Soup

1 tablespoon canola or olive oil
3 garlic cloves, minced
1 medium onion, chopped
2 celery stalks, chopped
1 pound lean ground beef
2½ tablespoons flour
3 cups reduced sodium chicken broth
1 can (12 ounces) fat free evaporated milk
½ teaspoon paprika
½ teaspoon garlic powder
1 teaspoon Worcestershire sauce
1 tablespoon yellow mustard
¼ teaspoon salt
½ teaspoon black pepper
4 ounces reduced fat shredded cheddar cheese



1. Preheat oil in a large skillet over medium-high heat. Add garlic, onion and celery to skillet and cook until tender, about 10 minutes. Remove from skillet and place vegetables in the bottom of a slow cooker.
2. In the same pan, brown ground beef. Drain and rinse to remove excess fat, and then add to slow cooker.
3. In a small bowl, combine flour and ½ cup chicken broth. Whisk to combine (making sure it is lump-free).
4. Add the flour mixture to the skillet. Slowly pour in remaining 2½ cups chicken broth. Bring to a boil, stirring constantly, and cook just until thickened. Pour over meat in slow cooker.
5. Stir in evaporated milk, paprika, garlic powder, Worcestershire sauce, mustard, salt, and pepper.
6. Cook on low for 2 hours. Just before serving add cheese, stir until melted. This soup can be frozen for later use.

Nutrition Note: This recipe makes 6 servings. Each serving has 300 calories, 13 grams of fat, 30 grams of protein, 14 grams of carbohydrates and 710 milligrams sodium.

Breastfeeding:

Why breastfeed?



“I really enjoy the special bonding I get with my daughter while breastfeeding. Plus, it’s the only meal you can make while sleeping!”

~ Amber, WIC Breastfeeding Mom from Grand Forks

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.

Breakfast Bake

1½ cups reduced fat shredded cheddar cheese
6 large eggs
1 can (12 ounces) fat free evaporated milk
1 teaspoon salt
½ teaspoon black pepper
1 package (30 ounces) frozen shredded hash brown potatoes
½ cup onion
1 small green bell pepper, chopped (optional)
1 cup diced ham or 10 slices cooked bacon, chopped

1. Preheat oven to 350 degrees. Coat a 9x13-inch pan with nonstick cooking spray.
2. In a large bowl, combine cheese, eggs, evaporated milk, salt and pepper.
3. Add potatoes, onion, pepper and ham; mix well. Pour into the pan.
4. Bake for 60 to 65 minutes.

Nutrition Note: This recipe makes 10 servings. Each serving has 190 calories, 10 grams of fat, 16 grams of protein, 20 grams of carbohydrates and 680 milligrams of sodium.

Chicken Pasta Primavera

2 cups rotini pasta (whole grain preferred)
1 pound boneless, skinless chicken breasts, cooked
1 tablespoon olive oil
1 cup chopped broccoli
1 cup chopped red bell peppers
1 can (12 ounces) fat free evaporated milk
1 can (14.5 ounces) reduced sodium chicken broth
3 tablespoons flour
½ cup shredded parmesan cheese

1. Cook pasta according to package directions. Drain and return to pan; cover.
2. In a skillet, heat oil on medium heat. Add broccoli and peppers; cook until tender, about 4 minutes.
3. In a mixing bowl, whisk milk, broth and flour. Add to skillet, stirring until thick and bubbly.
4. Add cheese to sauce in skillet and mix until melted.
5. Toss pasta with sauce, cooked chicken, and veggies.

Nutrition Note: This recipe makes 4 servings. Each serving has 490 calories, 9 grams of fat, 42 grams of protein, 57 grams of carbohydrates and 510 milligrams of sodium.

Turn Off the TV

Go outside for a game of tag. If there is snow on the ground, this will be extra good for your child's body to move around in.

Source: Head Start Body Start

Broccoli Cheese Soup

3 cups reduced sodium chicken broth or vegetable stock
2 cups chopped broccoli
1 small onion, diced
1 can (12 ounces) fat free evaporated milk
2 cups reduced fat shredded cheddar cheese

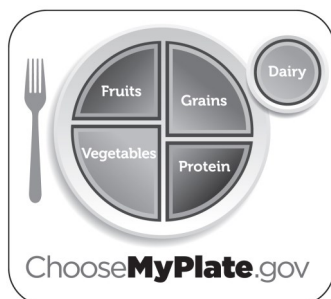
1. In a stock pot, stir together chicken broth, broccoli and onion. Heat until the mixture reaches a low boil.
2. Reduce heat and cook for 5 minutes or until broccoli and onions are tender.
3. Stir in evaporated milk and cook for an additional 3 minutes.
4. Remove from heat and stir in cheese. Add salt and pepper to taste.

Nutrition Note: This recipe makes 6 servings. Each serving has 130 calories, 3 grams of fat, 16 grams of protein, 10 grams of carbohydrates and 680 milligrams of sodium.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children
North Dakota Department of Health
600 E. Boulevard Avenue., Dept. 301
Bismarck, N.D. 58505-0200
800.472.2286, option 1

GROWING HAPPY FAMILIES



How can I use evaporated milk?

Evaporated milk is made by heating fresh milk to take out half the water. It can be used when making mashed potatoes, macaroni and cheese, and any recipe that calls for milk—coffee or tea, instant pudding, baked goods, and condensed soups. Using evaporated milk in cooking is another way to get calcium into your meals.